

MAKING SENSE OF SODIUM

StoneTree Naturopathic Clinic, Collingwood, ON

A look at the daily news tells us sodium is implicated in such high profile health concerns as high blood pressure and heart disease. And to be fair, it's true: sodium is a problem. But the reality is that it's only *half* the problem.

Sodium does a lot of good in our body. It helps our nerves and muscles work properly, and maintains our pH and water balance. Without sufficient sodium, we'd die.

But here in North America we're not in any danger of dying of a sodium deficiency. We're putting back a whopping 3200 mg on average – more than triple our cavemen ancestors.

But there's more to the story. It's not just sodium, but the ratio of sodium to another mineral, *potassium*, that's important for our health. Potassium is sodium's soulmate - the two complement each other in the body, and while our high sodium intake does throw off the ratio, we're also consuming about a quarter of the potassium that our ancient ancestors did. That makes the imbalance even worse.

It also means, though, that we can tackle the sodium problem from both ends: by reducing our sodium intake *and* increasing our potassium intake. The simple formula? Decrease your processed foods (high sodium) and increase your consumption of fresh fruits and vegetables, which tend to be higher in potassium, to a minimum of 10 servings a day.

*To learn more about solutions for high blood pressure and heart disease, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at feelbetter@stonetreeclinic.com
www.StoneTreeClinic.com*